



# LAST CALL PARTY LEADERS ON WHAT'S AT STAKE

- ▶ Pages 3 & 4
- ▶ For the leaders' full answers, go to [metronews.ca](http://metronews.ca)



Monday, May 2, 2011  
[www.metronews.ca](http://www.metronews.ca)

News worth sharing.

# BIN LADEN IS DEAD

▶ President Obama confirms long-sought 9-11 mastermind killed last week during U.S.-led operation

Osama bin Laden, the glowering mastermind behind the Sept. 11, 2001, terror attacks that killed thousands of Americans, was killed in an operation led by the United States, President Barack Obama said last night.

A small team of Americans carried out the attack and took custody of bin Laden's remains, the president said in a dramatic late-night statement at the White House.

A jubilant crowd gathered outside the White House as word spread of bin Laden's death after a global manhunt that lasted nearly a decade.

"Justice has been done," the president said.

The development comes just months before the 10th anniversary of the Sept. 11 attacks on the World Trade Center towers in New York and Pentagon in Washington, orchestrated by bin Laden's al-Qaida organization, that killed more than 3,000 people.

The attacks set off a chain of events that led the United States into wars in Afghanistan and then Iraq.

THE ASSOCIATED PRESS



▶ In this file image taken from a video broadcast in 1998, Osama bin Laden speaks during an interview at an undisclosed location in Afghanistan.



### LASIK MYTH #3

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# THANK YOU LONDON FOR MAKING METRO'S LAUNCH SUCCESSFUL



Charlotte Piper of Metro London is all smiles at the Metro London Launch Party with Tim & Laurie Kingsmill of Kingsmill's Ltd.



**WINNER OF THE SUNQUEST TRIP FOR TWO TO JAMAICA!**

Bill McDonald, President of Metro English Canada, Chris Campbell, Global Spectrum Facility Management and Irene Patterson, Publisher Metro London



Nadia Joseph of TD Ameritrade enjoying the Metro Launch Party with husband Paul van der Werf, President of 2cg and My Green Workplace



Katie Wilhelm and Savanah Sewel of 379 Collective enjoy a night out at the Metro London Launch Party



Laurie Kingsmill and Irene Patterson admiring the Thursday, April 28 edition of Metro London



Jan White of Western Fair Association, cheering Metro London's launch with Mark Brown of Surge Communications



Irene Patterson and Bill McDonald congratulating Werner Duever of Freedom 55 Financial, on winning a full page of advertising at the Metro launch party



Zena Besterd of Social Hippo, Inc., smiles at the camera with Irene Patterson



Kelly Austin, Chris Campbell, Natasha Fritzley and Rich Trella of Global Spectrum Facility Management



Kelsey Sutherland, Metro London; Emily Batey and Maria Scarpelli, Kingsmill's Ltd. and Patrick Thorogood, Metro London



Suszanne Moyer, Kingsmill's Ltd.; Charlotte Piper, Metro London and Chris Demelo, Kingsmill's Ltd.



Werner Duever, Freedom 55 Financial; Kristen Duever, Chamber of Commerce; Kadie Ward, London Economic Development Corp.; Brandon Lucas, Metro London

**The Metro London Launch Party was held last Thursday, April 28, at The Grand Theatre. Food provided by Steel Grill. Dance performances by Femmes du Feu. Photos by Merrow Photography.**

## Man alleges youth shot him with pellet gun

A London man suffered minor injuries after an alleged assault by five youths with a skateboard and pellet gun.

Around 12:45 a.m. yesterday in the Tecumseh Avenue West and Mackay Avenue area, a man was sleeping in his home when he heard five young men making noise outside. The man went outside and then asked them to quiet down. That's when the five youths allegedly attacked the man with a skateboard, then shot him with a pellet gun about five to six times.

AM980/AM980.CA

## Artisan market open for business

A new artisans market located in the heart of the Forest City is now open for business. Saturday, The Metropolitan Market opened its doors for the first time, offering Londoners a chance to check out what's new in the city's arts scene. Every weekend, 50 vendors will be on-hand selling everything from soap to fine art. The Met is located at 140 Dundas St. and is open Saturday 9 a.m. to 5 p.m. and Sunday noon to 5 p.m. For more information, check out [www.metropolitanmarket.ca](http://www.metropolitanmarket.ca).

● METRO

## Crash kills man north of London

Middlesex OPP are investigating a two-car crash north of London on Saturday night that killed an 85-year-old man. Police said a Hyundai Accent travelling south on Wonderland Road stopped at a stop sign at Medway Road, then proceeded through the intersection when it was hit by an eastbound Volkswagen Jetta. AM980/AM980.CA

### Finish. Line



► Kim Appotive, 21, celebrates the completion of her first 10K as she crosses the finish line during the Forest City Road Races held yesterday morning in downtown London.

KYLE REA/METRO

## Forest City Road Races raises funds for kids' centre

More than 1,700 runners came out for the 1K fun run, 5K, 10K and half-marathon races for the Forest City Road Races yesterday. The proceeds are going to the Thames Valley Children's Centre, which aids youth with disabilities and other challenges. Yesterday's male winners were Craig Klomp (5K), Erwin Reymer (10K), Matt Suda (half marathon), while John Payne was the sole competitor in the wheelchair race. The female winners were Sarah Hesman (5K), Mistianne Feeny (10K) and Leslie Sexton (half marathon).

# Harper warns of NDP taxes

► Harper promises to protect health care, boost economy with next round of Economic Action Plan ► Warns voters about voting NDP



KYLE REA  
@METRONEWS.CA

Friends, Canadians, Liberals, lend me your votes for a majority — but whatever you do, don't give them to the NDP.

That was the message Prime Minister Stephen Harper had as he arrived at London International Airport yesterday for a whistlestop campaign rally,

part of a coast-to-coast tour by the PM.

While he repeated calls for Canadians to give him a majority — a request he repeated at least a dozen times at yesterday's event — Harper also took aim at the NDP, which he claimed couldn't be trusted with the economy.

"You cannot create jobs and prosperity by raising taxes," he said, alleging the NDP would hike gas prices

more than 10 cents a litre. "Let me put this simply: An NDP government will raise taxes, a Conservative government will keep taxes down."

Harper also appealed for Liberal voters to mark their ballot Tory to stave off the NDP.

"You've got a choice between an enormous risk and a shining opportunity. And the risk is a very real risk."

### Interruption

► But while supporters waved signs and banged thundersticks, at least one person wasn't so thrilled. A man climbed on a riser and yelled "You're a liar, Mr. Harper!" and waved a sign before he was escorted from the hangar by security.

► Today is Canadians' final chance to hit the polls.

## Mercer helps lead Vote Mob

Young people around the world face fierce resistance, and occasionally, bullets, when they try to get out and vote.

In Canada, the greatest enemy we face is apathy, comedian Rick Mercer told a crowd at Victoria Park on

Saturday.

"Get out there and do what people all around the world are literally dying to do," he said, a huge cheer going up from the audience who gathered for the London Vote Mob.

Saturday's rally was a

chance for people to show their support and encourage young people to vote. While Mercer didn't suggest Vote Mobs, his political musings at the end of March led to their formation.

● KYLE REA

**1,000**  
Estimated number of people in Victoria Park for Vote Mob. Organizers feel it was the largest rally of them all.

# 1

  
news


Victims of the American South's deadly twisters seek solace in Sunday service.

- 1 Download the free ScanLife app with your smartphone at [2dscan.com](http://2dscan.com)
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to [m.metronews.ca](http://m.metronews.ca)

On the web at [metronews.ca](http://metronews.ca)



Canada's federal party leaders make one last mad dash for votes ahead of election day. Video at [metronews.ca](http://metronews.ca).



Follow us on Twitter @themetrolondon



► Liberal Leader Michael Ignatieff walks in the rain following a campaign stop at a delicatessen in Thornhill, Ont., yesterday.

## IGNATIEFF OFFERS LAST PITCH TO VOTERS

**Why should Metro readers vote for your party?**

Vote Liberal for a moderate, centre-of-the-road government that respects the public service of Canada, respects what public servants do, won't raise your taxes, will get the deficit under control, will curb the waste and mismanagement ... Invest in the education of our young people from early learning and child-care through the learning passport for people wanting to go to college and university.

**How do you respond to criticism from the other parties that you have been outside of Canada for a number of years and shouldn't be trusted?**

I think the fact that I've lived outside the country is a reason to trust me more. I've got international experience. This is a prime minister (Stephen Harper) who lost our seat on the Security Council of the United Nations. This is the prime minister who

presided over the decline in our international prestige. And what is he saying here? The only good Canadian is the Canadian who's never left the country? That doesn't sound right to me. A Canadian is a Canadian.

**You've said during the campaign that the Liberals represent the only option to beat the Conservatives, to stop them from having a majority. But, your party has gone down in the polls. How do you expect voters to continue to see the Liberals as that and not the NDP?**

Well, I just think on Monday, Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada. We've got a choice between a Liberal platform that's costed and makes sense, with a Liberal team that has experience, versus basically more years of Harper.

● METRO OTTAWA

# Harper responds to his critics

► Metro speaks to Stephen Harper on criticism of the Conservatives from other parties ► Answers question on reporters being drowned out at rallies



**Why should Metro readers vote for your party?**

We're the party with the plan for the economy. Canada is coming out of the global recession faster and stronger than others. I think it's due in large part to the economic policies we've put forward and I think they're working. We have a low tax plan that is creating jobs, that is creating growth and everybody's looking at Canada frankly as the envy of the world right now and that's the path we want to keep this country on.

**How do you respond to criticism from the other parties that you don't respect democracy?**

Well, I think the people who are out of office always say it's undemocratic. We've received two mandates from the Canadian population. We hope to receive a third and we'll accept whatever the democratic judgment of Canadians is. I think we're in this election, to a signifi-



► Prime Minister Stephen Harper musters a smile during a campaign speech at a rally in London yesterday.

cant extent, because the other parties have simply refused to accept the democratic judgment of Canadians are forcing election after election after election. And we've had four elections in seven years. If we do not have a Conservative majority government, whatever the

other scenarios are, they all lead to a fifth election in the not very distant future.

**How do you feel when your supporters drown out questions from reporters at your rallies?**

I've taken every question every reporter has asked

me in this campaign and, you know, I obviously don't control the opinions of every single member of my party. I think that's about all I can say on that.

● INTERVIEW QUESTIONS FOR THE THREE LEADERS WERE ASKED LIVE BY SEAN MCKIBBON, JESSICA SMITH AND JOE LOFARO OF METRO OTTAWA.

## Layton calls allegations 'smear politics'

**Why should Metro readers vote for your party?**

Because Ottawa is broken and people in Ottawa get to see that up close and personal when they see the shenanigans in Parliament Hill, the contempt in Parliament, the bickering and attacks going back and forth ... Our approach is so that we've got to bring change to Parliament Hill and we have the opportunity to do that on

voting day.

**How do you respond to criticism from the other parties that you can't be trusted with Canada's economy.**

First I think the old line parties have lost the trust of Canadians and they're asking themselves who can they trust to be on their sides to focus on the issues that concern our family and when it comes to offering good balanced budget, fiscal responsibility,



► NDP Leader Jack Layton eats some watermelon during a campaign stop at the Atwater Market in Montreal yesterday.

ty, the party that in power has shown itself to have the best record is the NDP.

**This weekend the Toronto Sun's story saying police found you in a bawdy house massage parlour, but laid no charges as they had no evidence of an offence, came as a shock. Can you speak to the allegations and what impact will this story have on what was looking to be a**

**fantastic showing by your party?**

This is a kind of smear politics that a lot of Canadians reject. No wonder it's hard to get people involved in politics if this completely unfounded innuendo is going to characterize what goes on in politics. ● METRO OTTAWA



For more election coverage, visit [metronews.ca](http://metronews.ca)

# Traders jolted by NDP surge

► Investors caught by surprise ► Coalition could make for volatile loonie, stock prices, analysts say




The prospect that the New Democratic Party might gain more seats in today's federal election could cause a flutter in the market as traders seek to buffer themselves from political uncertainty.

"This isn't something the market has been expecting," said John Kurgan, senior markets strategist at Lind-Wallock.

Prime Minister Stephen Harper has delivered a dire message about what might happen under the NDP led by Jack Layton, warning of higher spending, deficits, taxes, unemployment and other economic ills.

Markets appear to share at least some of his concerns, Kurgan said.

## Market moment

TSX	Dollar
	
- 0.8 (13,893.6)	+ 0.50¢ (105.65¢ US)
Oil	Natural gas
	1,000 cu ft
+ \$104 US (\$113.90 US)	\$4.612 US (+ 4.1¢ US)
	Gold contracts
	\$1,560.50 US (+ \$29.30 US)

"The sudden surge by the NDP in the polls, that's caused a little bit of concern and it's likely that I will be busy Monday

evening trading the Canadian dollar," he said.

Poll figures on Friday suggested that the NDP and Liberals together could win enough seats to form a coalition government.

But Douglas Porter, deputy chief economist of the Bank of Montreal, believes a minority Conservative government is still the most likely scenario, an outcome that won't much matter to markets since Canadians have been dealing with minority governments for a decade.

Meanwhile, the latest figures on the health of Canada's job market are set to be released May 6.

THE CANADIAN PRESS

## Sony. Sorry



► Sony Computer Entertainment president and CEO Kazuo Hirai, centre, bows with two other executives in apology for a security breach in the company's PlayStation Network that caused the loss of personal data of some 77 million accounts on the online service.

SHIZUO KAMAYASHI/THE ASSOCIATED PRESS

## Sony to beef up security measures

"We deeply apologize for the inconvenience we have caused," said Kazuo Hirai, chief of Sony Corp.'s PlayStation video game unit, after a PlayStation security breach. Hirai said some service will return this week and promised tighter security.

**90** Air India said that while 90 per cent of domestic routes were affected, flights were operating between India and the U.S., Europe, China and the Middle East.

## Air India travel woes

Air India pilots demanding more pay refused to work for a fifth day Sunday, defying a court order to end their strike and forcing the

carrier to cancel all but 40 of its 165 flights.

The carrier has been losing about a billion dollars a year. THE ASSOCIATED PRESS

# Apple taking giant bite out of tech world

Consumer technology companies reporting financial results this week are looking like rowboats bobbing in the wake of Apple Inc.'s supertanker.

Apple dethroned Microsoft as the world's most valuable technology company a year ago. In its mid-fall report, it surpassed Microsoft in quarterly revenue. In the January-March period this year, it sur-

passed Microsoft in net income, too.

On Thursday, Microsoft reported that revenue from the Windows operating system declined for the second straight quarter because people are buying fewer Windows computers.

Some prospective buyers are going to Macs instead — Apple reported that it sold 28 per cent more units. Others are going to iPads. Gold-



► A customer compares his black iPhone to a white iPhone at the Apple store on New York's Upper West Side on Thursday.

RICHARD DREW/THE ASSOCIATED PRESS


man Sachs now believes that more than 30 per cent of iPads sold may be replacing PC sales. In the 90s, the trend was the opposite, as Windows PCs were crowding out Macs.

Nokia said this week that it will slash 7,000 jobs. It still sells more phones than anyone else, but it's losing share to Apple, especially when it comes to smart-phones. THE ASSOCIATED PRESS

## Giant Apple

Close to oblivion in 1997, Apple is now the second most valuable company.

- On April 20, it reported net income of \$5.99 billion from January to March.
- It shipped a record 18.65 million iPhones during the quarter.



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# FEELING THE FANS WITH EVERY SHOT

## URBAN COMPASS

JIM REYNO  
METRO LONDON



As he hovered over Jose Aldo on Saturday night, pelting him with lefts and rights in a last-ditch effort to claim the UFC featherweight title, Mark Hominick experienced a career

first: The roar of the crowd.

"The only time I heard the crowd was in the last 30 seconds, and I was feeding off their energy," Hominick said about the 55,724 fans at Rogers Centre. "That's the first time in my whole career I've ever done that."

"The crowd was carrying me in that last 30 seconds. Each cheer was riding through my punches, and I was trying to finish him ... I was giving it everything I had."

Punished by the heavily favoured Aldo for four rounds (including a wince-inducing welt on his forehead), Hominick, 28, frenzied the crowd with his Round 5 barrage.

He referred to the bout as a "war."

"Five five-minute rounds, I don't think people understand how difficult it is, and how far you have to dig," said Hominick. "I was definitely going on the crowd. It was a pretty surreal experience."

But it looked like it might not happen, after a visit from the ring doctor at the end of Round 4.

"John McCarthy really saved the day, the referee," Hominick said, adding that a post-fight hospital visit showed no problems. "He knows me not just as a fighter, he knows me on a personal level ... and he knew it would have been devastating if he had have stopped the fight. He knew I was still capable and healthy to compete."

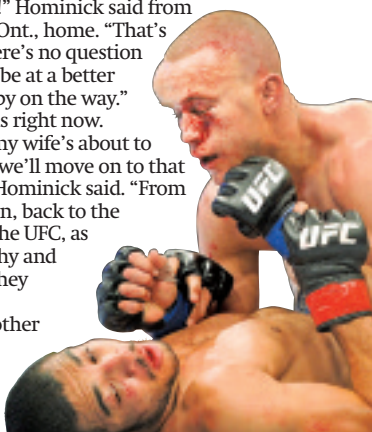
Aldo-Hominick was named fight of the night at UFC 129, earning each fighter a \$129,000 bonus. Handy, considering Hominick and wife Ashley are expecting the birth of their first child, daughter Raeya, on Saturday.

"Unbelievable!" Hominick said from his Thamesford, Ont., home. "That's life-changing, there's no question there. It couldn't be at a better time with the baby on the way."

That's his focus right now.

"I'm excited, my wife's about to have a baby, and we'll move on to that part of our life," Hominick said. "From there, we move on, back to the drawing board. The UFC, as soon as I'm healthy and willing to fight, they want me back."

"They said another couple of wins, they'll give me another title shot."



ANTHONY DRETTI/THE CANADIAN PRESS

Jim Reyno is the managing editor of Metro London.

# Get your good news fix — the one that keeps giving

## NEWS WORTH SHARING

*Sometimes, the news is tough to take. But Canada is full of compassionate individuals, inspiring projects and stories worth celebrating — and that's what we're going to share here the first Monday of each month.*

A study at the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos



IAN WILSON/FICKR

it can lead them to think more positively about others and want to become better people themselves."

So before you are bombarded with political scan-

dals and celebrity meltdowns, get a good news fix — who knows what you might be inspired to do.

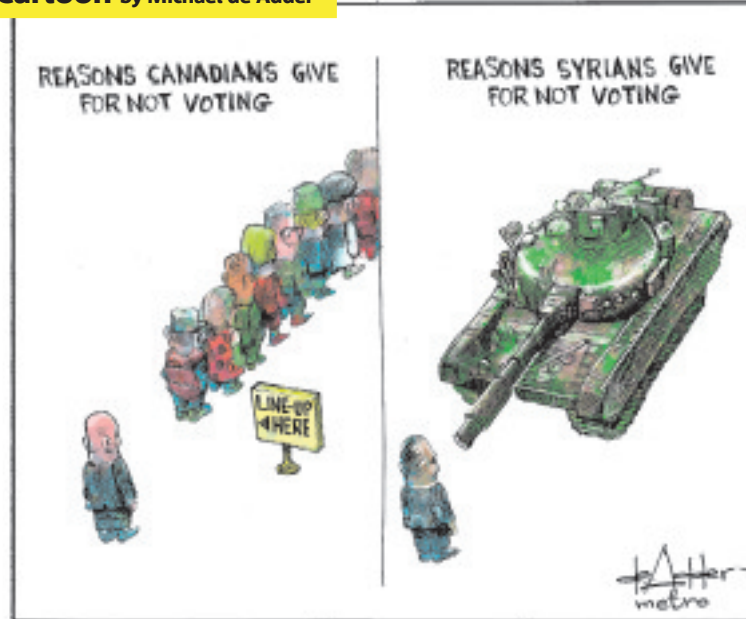
Help the good news get around. Send your stories of local heroes and positive action to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we will share them right here.

● CRAIG AND MARC KIELBURGER  
CO-FOUNDERS OF ME TO WE

## Tweets

- ▶ @LeanneTillaart: So Tuesday is my Birthday I would like to wake up to a new PM best BDay present ever please vote! #elxn41 #cdnpoli #NDP #Ldnont #votemob
- ▶ @DBAUMANN: #thatminiheartattackwh en you realize you're halfway done your undergrad.. whoa... imma miss ya this summer #uwvo. well, at least #richmondrow
- ▶ @LondonWebDev: Listening to some Tool (Lateralus) Seems to go with the weather in #LdnOnt today.
- ▶ @timfelsky: Is "Conservative" only a bad word at election time? #conservation #ldnont #elxn41
- ▶ @sciencegeek: Love how inclusive the #ldnont #votemob was!
- ▶ @eringrand: Home today...thanks for an amazing 4 years #LdnOnt #uwvo
- ▶ @AndrewForgione: Heading back to london tonight, starting @western\_usc transition tmrw with @MikeUSC! So excited to help students make a difference at #uwvo
- ▶ @laurabeaulne: Who's having an elections party in #ldnont? Party and party and yeah! #elxn41

## Cartoon by Michael de Adder



## WEIRD NEWS

### Hello, this is an emergency calling

After months of enduring a leaking pipe that buckled its floors and sagged its ceilings, an empty house in Marblehead, Mass., somehow called police for help.

The Salem News reports the call to the emergency hotline went out to police from a house in Marblehead on Wednesday after water short-circuited the phone system,

apparently sparking the emergency call.

Officers were sent to the address after the call was recorded as a hang up and a return call got static.

Inside, they found the wreckage, including potentially toxic mould, from a pipe that apparently burst during the winter.

Town officials say the interior may have to be gutted.

Police couldn't immediately locate owner James Cowen. His cousin, William Cowen, said he's not worried.

He says James was left financially secure by his father and often travels.

THE ASSOCIATED PRESS

# 5 great car movies

► With Fast Five burning rubber in theatres, let's look back at some great car movies of the past ► What's more important, a good road trip or a chase scene?



## Two-Lane Blacktop (1971)

A languid, existential journey rather than a heart-pounding adventure is what makes director Monte Hellman's film so fascinating.

James Taylor and Dennis Wilson play two nameless and meandering auto racers: a driver and a mechanic, respectively. They end up in a showdown in their '55 Chevy with a big talker in a '70 G.T.O. (Warren Oates) who is named, aptly, G.T.O. Along with the girl who randomly showed up and insinuated herself in their lives, they agree to race G.T.O. to Washington.

The pervasive feeling of detachment is meant to metaphor for a national sense of melancholy at the end of the 1960s. But you're welcome to just enjoy the cars.



## American Graffiti (1973)

The cars here serve as a reflection of not just who the characters are, but who they dream of becoming.

They're not just a mode of transportation but a way of life. Inspired by director and co-writer George Lucas' own youth in Modesto, Calif., this coming-of-age comic-drama follows the all-night adventures of a group of high school seniors on the brink of adulthood.

Led by Ron Howard, Richard Dreyfuss and Harrison Ford, they cruise the main drag one last time in August 1962 — joking, flirting, getting into trouble. But regardless of the setting, this is a time we can all relate to: when having a car equals freedom.



## Bullitt (1968)

Peter Yates' film features what is considered one of the definitive car chases in movie history — The French Connection has another — but just having Steve McQueen as its star makes it sufficiently bad-ass.

As a cop determined to find out who killed the mob witness he was protecting, McQueen zips up and down the hilly streets of San Francisco and skids around corners in his Mustang, trying to evade a couple of gangsters in a Charger.

Sure, you could count the number of hubcaps that fly off a car and come up with a number that's greater than four. Still, the scene is shot and edited in such a clean, uncomplicated way, it's 10 minutes of pure tension.



## Christine (1983)

It's a car! It's a killing machine! It's ... both! Director John Carpenter adapted the Stephen King novel — one horror master playing off another — and this tale about a bright red 1958 Plymouth Fury that does much more than get you from point A to point B remains darkly funny and deeply chilling.

Keith Gordon stars as the nerdy teenager who finds the car with plans to fix it up, but he ends up becoming the one who undergoes major changes. The car gives him confidence and makes him popular — but then she gets jealous when she realizes she can't have him all to herself. Good, silly, twisted fun.



## The Fast and the Furious (2001)

And here we are, back at the beginning, with the first movie in the series. Of course it's ridiculous, but audaciously so, and that's the film's charm. By bringing underground street racing to the masses, it knows exactly what it is and revels in it.

Led by Vin Diesel, Jordana Brewster and Paul Walker, everyone's beautiful and they say incredibly idiotic things like, "I live my life a quarter-mile at a time." The main draw, though, is the racing itself, full of souped-up cars in splashy colours. The competitions are shot and edited seamlessly. They are, hence the title, fast and furious.

THE ASSOCIATED PRESS

# 2 scene

## Scene in brief



Fast Five has left the competition in the dust with an US\$83.6 million debut to grab the No. 1 spot at the weekend box office, according to studio estimates yesterday.

Universal Pictures' fifth movie in The Fast and the Furious franchise was by far this year's biggest opening. Its take was more than double the previous best of \$39.2 million for Rio, the 20th Century Fox animated hit that slipped to No. 2 with \$14.4 million.

Fast Five set a record for best April debut ever, speeding past the \$71 million haul of its predecessor, Fast & Furious, two years ago.

THE ASSOCIATED PRESS

## Carey gives birth to twins

Mariah Carey and Nick Cannon celebrated their third anniversary with another milestone — becoming parents to a baby girl and boy.

Carey's representative, Cindi Berger, confirmed the births to The Associated Press. The singing superstar gave birth Saturday at 12:07 p.m. EDT at an undisclosed hospital in Los Angeles. Berger says the baby girl was born first, weighing five pounds, three ounces, and was 18 inches long; her

brother was next, at five pounds six ounces, and was 19 inches.

Berger says the couple has not named the children yet. Cannon drove Carey to the hospital in their Rolls-Royce Phantom. Berger said the 41-year-old Carey, who had gone through false labour, was calm, thinking that it was another false alarm.

Meanwhile, the 30-year-old Cannon was so nervous he went to the wrong de-

partment at the hospital, and was guided to the maternity ward by a nurse.

"It was like right out of an I Love Lucy skit," said Berger.

Berger says they were listening to Carey's We Belong Together after the children were born.

The couple are expected to renew their wedding vows on Sunday. The pair got married in 2007 after a whirlwind romance.

THE ASSOCIATED PRESS



► Nick Cannon and Mariah Carey became parents to a baby girl and boy over the weekend.



Jay Mohr relishes Law & Order: Criminal Intent role, murder interrogation scene included

# Tyson's tattoo giving film a bad hangover

▶ Tattoo artist suing Warner Bros. to prevent the release of Hangover Part 2

S. Victor Whitmill, the artist who gave Mike Tyson his famous face tattoo, is suing Warner Bros. to halt the release of the Hangover Part 2 because the move features the tattoo on the face of Ed Helms' character, according to the Hollywood Reporter.

"When Mr. Whitmill created the original tattoo, Mr. Tyson agreed that Mr. Whitmill would own the artwork and thus, the copyright in the original tattoo," the artist's lawyers argue, according to court documents.

"This unauthorized exploitation of the original tattoo constitutes copyright infringement."

● METRO

**"When Mr. Whitmill created the original tattoo, Mr. Tyson agreed that Mr. Whitmill would own the artwork and thus, the copyright in the original tattoo."**

TATTOO ARTIST'S LAWYER



▶ Mike Tyson

ALL PHOTOS GETTY IMAGES

## Lorre's life without Sheen

Two and a Half Men creator Chuck Lorre discussed plans to reboot his hit sitcom without former star Charlie Sheen, and Sheen is less than thrilled by the news.

The actor expressed his disappointment in a letter to Lorre, submitted to

**"No one cares about your feeble show without me. Shame on you."**

CHARLIE SHEEN

TMZ.

"No one cares about your feeble show without

me. Shame on you. Not even a phone call to the man that put you on the map. The man that put \$500 million in your pockets," Sheen writes.

"You've been warned. Reap the whirlwind, you cockroach, reap it."

● METRO



▶ Charlie Sheen

## Willis' kid busted for booze

Tallulah Willis, the 17-year-old daughter of Bruce Willis and Demi Moore, was nabbed by police over the weekend for alcohol possession, according to TMZ.

Tallulah was among a group of three girls spotted by police exiting a car carrying bottles of booze, source say.

The young women were cited at the scene for un-

derage possession.

Tallulah reportedly called her dad, though her mom was the one who showed up to retrieve her from the police station.

● METRO



▶ Tallulah Willis

### Talking points

#### Whoopi getting back into the Sister Act

**NOTHING LIKE REHASHING THE PAST** Whoopi Goldberg is in Austria to promote Sister Act, with her trademark slapstick humour.

She slipped off her high-heeled sandals at Vienna's Ronacher Theater on Friday when she realized she would have to stand during a media preview of the musical, which opens there in September.

"I thought I was going to look good coming in and sitting down," Goldberg told a laughing audience.

She stood in her white socks until Vienna's cultural affairs official, Andreas Mailath-Pokorny, came on to give her a gift.

"Hold on, hold on. I'm going to put them back on 'cause you're too tall for me," Goldberg said.

"They look great ... just like you," Mailath-Pokorny quipped.

Goldberg starred in the 1992 movie version of Sister Act. **ASSOCIATED PRESS**

#### Hilton thief gets convicted

**LIFESTYLES OF THE RICH AND FAMOUS** A jury has convicted a man of trying to burglarize Paris Hilton's home last year.

District Attorney's spokeswoman Jane Robison says jurors deliberated for less than an hour Friday before convicting Nathan Parada of first-degree residential burglary for trying to break into the hotel heiress' home last August.

### Celebrity tweets



"congrats to William and Kate ...and Kate's sister."



@Justinbieber



@RyanSeacrest

"ok important question - are you Team Harry or Team William? ok even more important question - Team Kate or Team Pippa?!?"

@NickyHilton

"Why is everyone in such a tizzy about Princess Beatrice's hat at the Royal Wedding? I thought it was cute."



@KirstieAlley

"I would like to see an immediate media shift today from the glorious Royal wedding to the desperately needed help right here at home.. PLEASE"

Hilton testified this week about she and her boyfriend being awoken after Parada banged on one of the house's windows with the butt of a knife.

A defence attorney told jurors that Parada had left a halfway house days earlier and had not taken his antidepressant medication for several days.

Parada faces up to three years in prison when sentenced.

**ASSOCIATED PRESS**



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3  
lifeYou  
need this

## Cars 2 plushies

Cynics claim Cars is the worst Pixar movie ever, and this summer's sequel was made because the movies sell a lot of toys. While you and your friends debate this issue, give your child a Cars 2 plush toy, out now. Disney will thank you.

● METRO WORLD NEWS



DISNEY

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disneystore.com

## A new study shows

1/3

...of parents polled feel their children don't get enough exercise at elementary school, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health. ● MWN



Flea control for pets is easy with the right products; several new options on the market.



► Laura Miller

## Stay fit, like mom

► Laura Miller, director & founder of Follow Me!, a program devoted to teaching families about healthy lifestyles, shares how she keeps fit ► Who wouldn't want to look like her?



SAM D'AMATO  
LIFE@METRONEWS.CA

METRO WORLD NEWS

## What are your go-to healthy dinners, keeping in mind time and cost but also maximum nutrition?



330361

One of our time-saving tricks is using Sundays to bake or grill an entire week's worth of chicken or lean meats. Then throughout the week we will use them for wraps, salads, pastas, rice dishes, etc. By having a healthy lean meat already cooked and ready to go, it saves time and makes preparing quick and balanced healthy meals easier.

## What's your go-to snack for yourself?

Right now its Greek

yogurt with fresh fruit like strawberries, peaches, pineapple, blueberries or mangos. It's a great source of healthy protein, fat and calcium. I also enjoy fresh guacamole, which is rich in omega-3 and fiber and great on turkey wraps.

## That all sounds great but if there's leftover crackers from my kid, or she didn't finish her hamburger, I will polish it off. Help?

It's important to be conscious of what and how much we are eating. Picking on foods can quickly add up calories that are unsatisfying. Snacking on your child's leftovers can easily add up to an additional 300+ calories that you never needed in the first place. That's an extra 45 minutes of cardio.

A new study came out last week, saying that parents exercise less than those without kids. Duh! I simply have no

## time for the gym. What do you suggest?

Incorporating exercise into any busy lifestyle works best when you create a schedule that works with-in your current daily routine. At-home work outs that incorporate your stairs, medicine balls, kettlebells or resistance bands work great. Finding a program that provides instruction through videos and puts you on a schedule is guaranteed to set you up for the most success. Being a parent is tough and finding time for yourself is even tougher. However, the most important thing is that you keep yourself mentally and physically healthy so you can be the best parent you can be.

## You are an extremely fit, good-looking woman. Do you even have kids?

Yes, I actually have a 14-year-old son and I have been a single parent for

more than 10 years. It's very important to set a positive example in the home when it comes to diet and nutrition because children are sponges and soak up everything around them.

Regardless whether we like to admit it or not, our children grow up to be miniature versions of ourselves and mimic our habits, characteristics and ways of life.

## Laura's Go-to Guac

## Ingredients:

- 4 large ripe avocados (peeled and pitted)
- 2 Roma Tomatoes (finely chopped)
- 3/4 of a red onion (finely chopped)
- 2 T. of chopped garlic (I use the jar of organic garlic thats already chopped)
- 1 jalapeño (finely chopped)
- 3 T. of cilantro (finely chopped)
- 1 large lime (squeeze juice into bowl)
- Pepper to taste

## Preparation:

- 1 Combine all ingredients in a large Tupperware dish
- 2 Mash together with potato masher.
- 3 Stir well with spoon to combine ingredients well and serve.



# Satisfy the cookie monster in you

NEWS CANADA



► This recipe makes about three dozen cookies.

These two cookie recipes contain the right amount of sweetness to satisfy any sugar tooth.

The first one is for Almond Orange Cookies that combine fresh flavours into a tender package.

Meanwhile, the Oh My Goodness Cookies are a new take on the traditional oatmeal favourite.

## Preparation:

- 1 In food processor, grind almonds until very fine.

Combine with flour, baking powder, cinnamon and salt in a large mixing bowl until well blended; set aside.

- 2 In large bowl, with electric mixer, beat sugars, oil, eggs, orange peel and vanilla for 1 minute, until well combined and pale in colour. Add almond and flour mixture and combine until dough forms.

- 3 Divide dough in half and shape into two 2 inch (5 cm) diameter logs. Wrap

## Ingredients:

- 1 cup (250 mL) blanched almond slivers
- 2 1/2 cup (625 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3/4 cup (175 mL) granulated

- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) canola and extra virgin olive oil blend
- 2 eggs
- 1 tbsp (15 mL) grated orange rind
- 1 tsp (5 mL) bourbon vanilla extract

logs in parchment or waxed paper and freeze for at least 2 hours.

- 4 Line baking sheets with parchment paper. Cut dough into 1/4 inch (5 mm) thick slices and place 1 inch (2.5 cm) apart on prepared baking sheets. Bake in 350 F (180 C) oven for 8 to 10 minutes or until bottom edges appear light golden brown.

- 5 Cool cookies for 1 to 2 minutes on baking sheet and then transfer to cooling rack. Store in airtight container for up to 1 week or freeze for up to 2 weeks. **NEWS CANADA**

## Oh My Goodness Cookies



NEWS CANADA

This is not your traditional oatmeal cookie. It cuts the butter with nutritious avocado and adds diced pear for moisture and flavour, making it a wholesome treat.

## Preparation:

- 1 In bowl, using electric mixer, beat avocado with butter and sugars until fluffy; beat in egg. In another bowl, stir oats with flour, cinnamon, nutmeg, salt, baking soda and baking powder; add to av-

ocado mix; stir until combined. Stir in pear and raisins.

- 2 Arrange oven racks in the upper and lower thirds of the oven. Drop heaping spoonfuls of the dough onto parchment paper-lined baking sheets. Bake in 375°F (190°C) oven in batches, rotating pans once, for 20 minutes or until lightly browned. Transfer cookies to a rack to cool. **NEWS CANADA**

## Ingredients:

- 1/2 cup (125 mL) mashed, ripe avocado
- 1/2 cup (125 mL) unsalted butter
- 1/2 cup (125 mL) each brown and granulated sugar
- 1 egg
- 2 cups (500 mL) oats

- 1 cup (250 mL) all-purpose flour
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) each ground nutmeg and salt
- 1/2 tsp (2 mL) each baking soda and powder
- 1/2 cup (125 mL) peeled and very finely diced pear
- 1/2 cup (125 mL) raisins

# Pork chops with a hint of Italian flavour

## ► Parmesan cheese gives this dish a unique upgrade

Employ the flavour of spring with this mouthwatering recipe for Parmesan Pork Chops and Ranch

Tossed Romaine.

Using a bone-in pork chop helps to maintain some of those great

flavours the meat has to offer. You could substitute it for boneless if you prefer. You'll have to adjust the cooking time.

## Ingredients:

- 1 egg
- ¼ cup (60 mL) milk
- Pinch pepper
- ½ cup (125 mL) finely grated Parmesan cheese
- 1/3 cup (75 mL) dry seasoned breadcrumbs
- 2 tbsp (30 mL) all-purpose flour
- 1 tsp (5 mL) dried oregano leaves
- 4 lean bone-in pork loin

chops (about 1-¼ lbs/625 g)

## Ranch Tossed Romaine

- 3 tbsp (45 mL) buttermilk
- 2 tbsp (30 mL) each, sour cream and mayonnaise
- 1 tbsp (15 mL) minced Italian parsley
- 1 small clove garlic, minced
- ½ tsp (2 mL) dried thyme leaves or dill weed
- Pinch salt
- 9 cups (2.25 L) torn romaine lettuce

## Preparation:

- 1 In shallow dish, whisk together egg, milk and pepper until frothy. In another shallow dish stir cheese, breadcrumbs, flour and oregano.

- 2 Dip each pork chop into egg mix coating both sides and let excess drip off. Place pork chop in cheese mixture and press both sides in to



► These pork chops are best paired with romaine lettuce tossed in ranch dressing.

coat well. Place all pork chops on baking sheet with foil and lightly grease with oil.

- 3 Bake in 425°F (220°C) oven for about 12 minutes or until light gold-

en and hint of pink remains inside. Turn on broiler and broil chops for about 3 minutes or until golden brown.

- 4 **Ranch Tossed Romaine:** Meanwhile, in bowl

whisk buttermilk, sour cream, mayonnaise, parsley, garlic, thyme and salt. Add romaine lettuce and toss to coat. Serve with pork chops.

DAIRYGODNESS.CA

# Oscar the green grouch

► Sesame Street's beloved binman always sets a noble example by reusing junk, even past its 'Best Before' date

**HEIDI PATALANO**  
LIFE@METRONWS.CA  
METRO WORLD NEWS IN NEW YORK

**You're literally very green.**  
Yes. It's not easy being green.

**How have you made your home, the garbage can, more environmentally friendly?**

I like to call it the trash can rather than the garbage. Trash is much more important to my thinking. Garbage is something you didn't finish eating whereas trash is wonderful things like wheels from a baby buggy or an old hubcap.

**What makes recycling fun?**

Well, for one thing I have this great love for trash, so it's kinda fun to see what's been thrown in the bin.



And I sort through it. I roll in it. I toss it up and dance in it. Like, some of the lighter stuff, it floats down all over my head, so I finally have trash allllll over the boooooody.

**So what kinds of things to do you reuse?**

I like things that are, like half of a sled with no runners – that's good trash. I reuse a lot of stuff. Of course, you have to get

new food. Food is part of the problem with trash, but it's not my greatest interest.

**Are you and Slimey the Worm still into composting?**

Yes, we are. Lots of stuff isn't great to eat anymore but it's made out of vegetation, so we throw it in with some leaves that have to be swept up anyway. We put it in a thing that's

good for composting.

I was reading something interesting the other day: Many of the earthworms we have now were ones that should not have been imported from Europe and they're quite harmful. They eat the roots of some of your vegetables.

**How do you explain the importance of recycling?**

It's good for kids to realize that they're all part of the community. The world is a great big community. I think a lot of kids seem to be very interested and aware that they're part of making the world a better place.

**What's your least favorite non-recyclable product?**

Batteries. They have to be disposed of very carefully.



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# NO STIGMA, NO SHAME

## EDUCATION IS KEY TO HELPING OTHERS UNDER- STAND WHAT IT'S LIKE TO LIVE WITH A MENTAL DISORDER

The Canadian Mental Health Association is celebrating the 60th anniversary of Mental Health Week from May 1 to 7. Part of the CMHA's goal is to raise awareness that one in five people in Canada—that's more than six and a half million Canadians—experience a mental health issue during their lifetime, and that there's no shame in admitting it.

In fact, when you share your story with someone else, they're more likely to open up as well. Perhaps their mother is being treated for clinical depression or their uncle is living with schizophrenia, and they haven't had anyone to discuss this with.

Mental health issues touch every class, religion and race—they don't discriminate, and neither should we. "People may judge someone with a mental health issue and treat them negatively," says Peter Coleridge, National CEO, CMHA. "In fact, most people living with a mental health issue say that people's negative attitude and behaviors are worse than the symptoms they feel."

This type of discrimination affects all areas of the person's life. It can prevent them from getting hired, promoted or keeping a job; finding or keeping a place to live; getting proper health care; or getting insurance. They may even be blamed for their

conditions or viewed as weak.

So how can Canadians help dispel the stigma of mental health issues? "One of the best ways is to tell someone who doesn't know about your mental health disorder or help others tell their stories," says Coleridge. Here are four other steps that will help make a difference:

**THINK ABOUT THE WORDS YOU USE** Say, "A person living with schizophrenia" and not "a schizophrenic"

**CONSIDER HOW TO SUPPORT** Help the people you know who are living with a mental health issue, just as you would if they had a physical health problem.

**SPEAK UP** when you see discrimination or a law or policy that unfairly excludes those with mental health issues.

**VOLUNTEER** for a mental health organization.

## ABOUT THE CMHA

The Canadian Mental Health Association (CMHA) is one of the oldest continuing voluntary health organizations in Canada. It began as the Canadian National Committee for Mental Hygiene (CNCMH) in 1918, and its first official meeting was held in Ottawa in April of that year.

In the fall of 1918, the Committee set up an office in Toronto. In its infancy, the CNCMH was involved in the plight of soldiers, the psychiatric screening of immigrants and examining mental retardation and other psychiatric disorders among schoolchildren.

Today the Canadian Mental Health Association, as it's now known, is continuing its successful history of forming effective partnerships with individuals and private and public organizations. With its partners, the CMHA educates, communicates, influences policy, and provides tools and support in workplaces, schools and homes.



## Is it just stress or is it something else?

**Working Through It™ can help.**

It's one of the many resources, strategies, tools and ideas available at [workplacestrategiesformentalhealth.com/wti](http://workplacestrategiesformentalhealth.com/wti)

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From the Great-West Life Centre for Mental Health in the Workplace.



The Great-West Life Centre for Mental Health in the Workplace is funded by The Great-West Life Assurance Company.

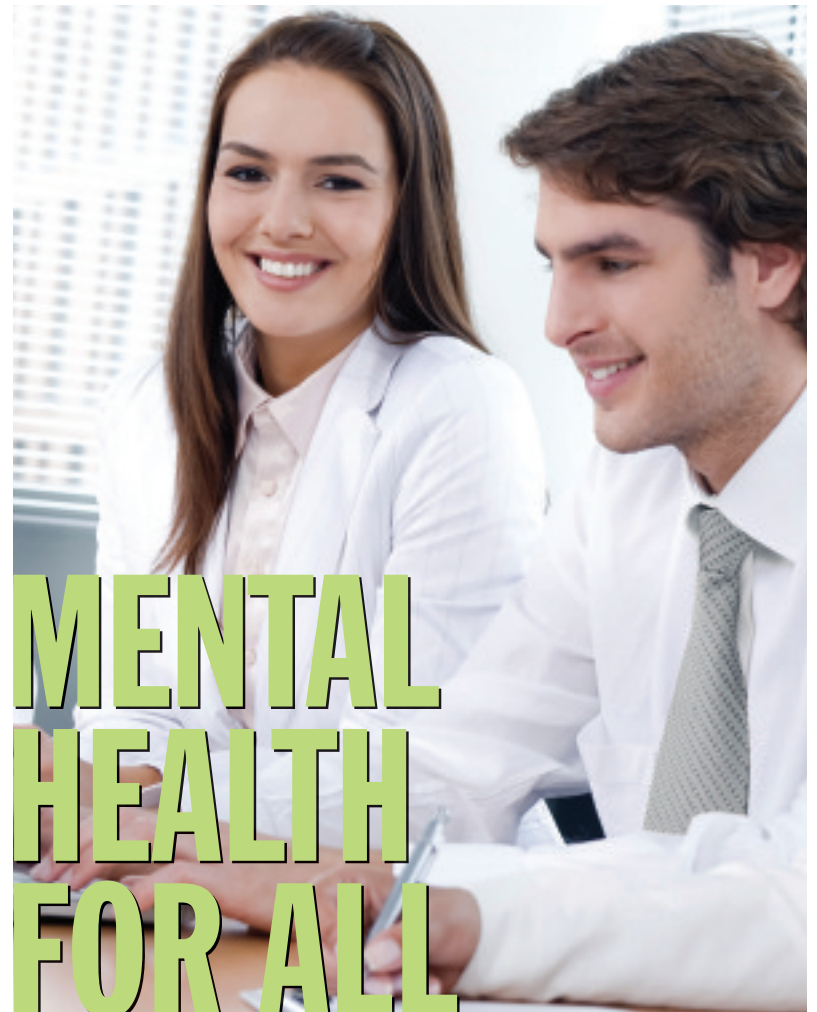
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## Having more bad days than good days?

Depression is a common and treatable disease that may affect up to 11% of Canadians at some point in their lives. Along with emotional symptoms, depression can have many unpleasant physical symptoms. But there is hope. There are treatments that work on both the emotional and unpleasant physical symptoms of depression, which may allow you to feel like yourself again so you can re-connect with the things in life which are most important to you. Depression hurts, but you don't have to.

For more information talk to your doctor or visit **DepressionHurts.ca**



# MENTAL HEALTH FOR ALL

## THE 60<sup>TH</sup> ANNUAL MENTAL HEALTH WEEK'S THEME REMINDS CANADIANS ABOUT THE IMPORTANCE OF REDUCING STRESS AND ANXIETY

In this high-tech age, many people no longer work a traditional 9-to-5 workday from Monday to Friday. Instead, they end up checking their work email from home in the evening, on the weekend and on holiday to try to keep up with ever-increasing workloads.

According to Human Resources and Social Development Canada, one in four Canadians work 50 hours a week or more, compared to one in 10 a decade ago. In fact, many employees are now expected to be available 24/7, making it even harder to achieve a work-life balance. "But as tough as it can be to restore that balance, it should be everyone's goal," says Peter Coleridge, National CEO, CMHA. "That means figuring out what will improve your work-life balance, then committing to making those changes."

What's the consequence if you don't? The

Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, compared to the 3.6 days missed by those who reported very little stress.

Never mind that when employees take stress leaves, it negatively impacts companies' bottom lines. A 2003 report in The Insurance Journal says mental illness accounts for 30% of disability claims, costing businesses \$15 to \$33 billion annually in Canada. Research by CAMH published in the Journal of Environmental Medicine in 2010 says lost productivity and absenteeism brings the figure up to \$51 billion.

So why are so many of us burning the candle at both ends? Partly because we need the money; one survey found that 37 per cent of Canadians who didn't take time off when they experienced health problems related to stress, anxiety or depression felt they couldn't because they needed the income. Plus, they were concerned about the stigma and negative attitudes related to mental health issues.

"The best thing managers and employers can do for their own health, and that of their staff, is to lead by example and model a healthy work-life balance," says Coleridge. That means not eating lunch at your desk, limiting overtime hours and electronic communication during non-work hours and taking vacation time. The benefits to professional and personal bottom lines? Priceless.

# THINGS THAT GO BUMP IN THE NIGHT



Almost all young children can be scared by a loud clap of thunder or be afraid to sleep alone in the dark. “With patience and understanding, parents can usually help their kids overcome these and other common childhood fears,” says Peter Coleridge, CEO, National CMHA.

Often, what scares kids stems from experiences they can’t understand that feel threatening to them. Examples include snakes, mice and spiders—especially if the child has seen an adult react in terror when encountering those creatures.

Witnessing a traumatic event at a young age, such as cat being run over by a car, can leave lasting frightening memories. Fears can also develop from low self-esteem, which can lead to bullying by peers, further deepening the original insecurity.

“Regardless of what kids are afraid of, they need the comfort and reassurance of their parents or guardians more than anything else,” says Coleridge. These five steps can help:

## GIVE LOVING SUPPORT AND SET RELIABLE LIMITS

Children need to know they’re loved and

that their parents will set definite limits on what they’re allowed to do. This will provide the sense of security kids need to try new experiences fearlessly.

**FIND PRACTICAL SOLUTIONS** If your son is afraid of the dark at bedtime, plug in a night-light in the bedroom and hall and give him a cuddly toy to hug.

**PRACTICE SKILLS** If your daughter is afraid of catching a ball or playing soccer, spend time playing those games with her until she feels more confident about her ability.

**REASSURE, THEN REASSURE AGAIN** This is particularly important if your child is worrying about dying. Repeat that it’s unusual for healthy kids to die—and offer lots of hugs.

**PRAISE ACCOMPLISHMENTS** Praising even small successes will encourage your child to try again. On the other hand, being critical will make him or her afraid to try new things.



I read.  
Aster 24, Student

I hit the gym when I can.  
John 58, Electrician



Chill with my friends.  
Brian 23, Student

I like being creative, it's my drug.  
Zile 52, Artist



My fiancé and I play instruments.  
Michelle 29, Costumer

I meditate.  
Draba 59, Musician



Do things with my family and for my community.  
Gregor 43, Executive Director

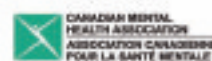
Hang out with my kids. They keep me balanced.  
Jyoti 44, Teacher

## What do you do for your mental health?

May 1<sup>st</sup> to 7<sup>th</sup> is Mental Health Week. It's a chance to do more for yourself every day. Seven days to talk, reflect, learn, engage and celebrate all facets of mental health. Because good health includes mental health. **Mental health for all. Find out more at [www.MentalHealthWeek.ca](http://www.MentalHealthWeek.ca)**



IN PARTNERSHIP WITH



## WHERE TO FIND HELP

Most of us go through life solving our everyday problems without needing professional help to cope. But if overwhelming feelings of anger or despair are affecting your quality of life, help is at hand.

A good place to start is your family doctor, who can refer you to a psychiatrist, psychologist, another therapist such as a social worker or a self-help group, depending on your situation and needs.

For more information about the mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit [www.cmha.ca](http://www.cmha.ca).



► Cindy Ashton is a singer, motivational speaker and an inspiration on tour with her new show Red Carpet Dreaming to raise funds for youth and children's charities.

# Motivation in words and song

► Cindy Ashton conquered cancer, sets out to motivate

## TURNING POINT

TERESA KRUIZE  
LIFE@METRONEWS.CA



She was born with severe health issues and was only given a 20 per cent chance of survival.

A series of surgeries saved her life but then she was bullied and beat up in school because she didn't fit in.

Through all of life's turning points Cindy Ashton never allowed herself to wallow in negativity.

She got healthy, rose to

### Career Milestones

- Debut Album Don't Rain On My Parade
- Musical Suds
- Solo Performer with Downsview Symphony Orchestra
- Author of Kiss Your Monsters Goodbye
- Motivational Speaker/Singer with Barbara De Angelis and Bob Proctor

the top and conquered.

Ashton left her Toronto home for California and immediately began performing and volunteering at motivational conferences.

Her work was recognized in June 2010 when

the Canadian was awarded the President Obama Call to Action Award.

Now she's telling her motivational story in words and song.

Ashton is hitting the road with her Red Carpet Dreaming Tour with the proceeds of her Toronto concert going to the Canadian Centre for Abuse Awareness.

Her message is from the heart. "Overcome your obstacles and become the star you were meant to be. There's a difference between embracing your fears and being a victim. Explore, transform yourself and find your gift."

As Gandhi said, "Be the change you want to see in the world."

## To flirt or be respected



DREW HINSHAW  
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METRO WORLD NEWS IN NEW YORK

Are you the office flirt? If so, career counsellors warn, the only thing you're likely to pick up is a reputation for flakiness.

"It will cost you credit for the work at hand, even if you deserve it and you're working hard," says Courtney Anderson, a human resource lawyer.

Even in the 21st Century, the stakes remain unfairly steep for women, notes Helaine Olen, author of Office Mate.

"We still have a lot of sexist assumptions about flirting in the office," she says. "If you do it often you're going to be perceived as less serious, that's just a given."

Anderson agrees. "For women, the gender issues are quite significant."



► Flirting at work is flirting with disaster.

But gallivanting men, she adds, would be snookering themselves to think they can find their kicks playing cubicle footsy and still win the respect of their co-workers.

"It's the same basic risk

for men and women, and for people who are straight, gay, or lesbian," Anderson cautions. "You are either seen as a professional, or you are not."

"You cannot be both," she continues.

## Recalling Toyota's recovery

### BOOK REVIEW

CRAIG LUND  
LIFE@METRONEWS.CA



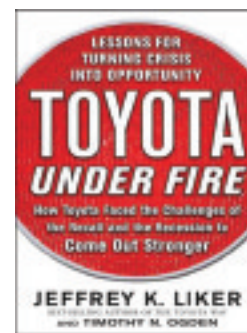
In automotive marketing, there are many things that are in the control of the manufacturer — the design

and quality of the vehicle, the experience a shopper has when they enter a dealership, and even that infamous new car scent.

After the transaction takes place and you hand the keys to the customer, you can only hope that all the precautions and standards you've taken in the manufacturing process provide a safe and sound machine.

In the case of Toyota, a single incident in August 2009, which was captured by a terrifying 911 call from a family in California, created one of the greatest crisis Toyota had ever faced — this in addition to the pummeling recession.

Authors Liker and Ogden describe how "over the course of the next six



having been incorrectly installed by the dealership.

In their book, Toyota Under Fire, Liker & Ogden have closely examined what Toyota did to get through the crisis — and essentially, it was not much different than what they did before.

"Toyota's approach to leadership and operational excellence was based on a philosophy and culture, now known as The Toyota Way, that extended back to the company's founding."

The dual crisis forced Toyota to look at itself with greater scrutiny, all this resulting in a 2.2 billion dollar profit for their fiscal year ending March 30, 2010.

More company's should learn from Toyota's response, given they didn't try to reinvent themselves which seems to be the common approach. It's a pity though that the media has not paid as much attention to this true success story versus the initial incident that created the whole fiasco.

months, Toyota would recall more than 10 million vehicles."

For a company that was built upon pillars of quality and safety, this incident sparked a media witch-hunt with accusations against Toyota "of turning a blind eye to customer safety."

After a \$1.5 million, 10-month intensive study of Toyota electronics by the National Highway Transportation Safety Administration, the results were announced this past February by the Secretary of Transport that "there is no electronic-based cause for unintended high-speed acceleration in Toyotas. Period."

Turns out, an outsized floor mat was the culprit,

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKET-ING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND.



► New York Yankee  
Curtis Granderson.

## Yankees bats power past Jays

5 2

YANKEES

JAYS

Curtis Granderson hit a three-run homer, Mark Teixeira also went deep and the New York Yankees powered their way to a 5-2 victory over the Toronto Blue Jays yesterday.

The Yankees took the final two games against the Blue Jays to remain unbeaten (5-0-1) in home series.

Ivan Nova (2-2) pieced together his second straight positive outing for New York, allowing two runs on six hits over 5 2/3 innings. He allowed six hits and four walks.

Mariano Rivera worked a perfect ninth inning for his 10th save.

Adam Lind hit a solo homer, Rajai Davis swiped three bases and David Cooper had his first two career hits for Toronto, but it still wasn't enough support for Jesse Litsch (2-2).

Litsch allowed five runs on six hits and two walks, losing for the fourth straight time against the Yankees. He is 1-5 with a 6.03 earned-run average in seven career starts against the Bronx Bombers.

"He threw the ball well enough to keep us in the game," Toronto manager John Farrell said.

The Blue Jays put a pair of runners on in the seventh, but reliever Boone Logan made a nifty behind-the-back grab on a sharp groundball by Lind and threw him out to end the threat.

Toronto stranded nine on base, at least one every inning except the first and last.

THE ASSOCIATED PRESS

# Hominick wins over fans in loss

► Thamesford native shows gritty resolve in fifth-round surge at UFC 129



► Jose Aldo, bottom, takes punches from Mark Hominick during the fifth round of the featherweight championship match at UFC 129



JIM  
REYNO  
@METRONEWS.CA

Mark Hominick didn't win the UFC featherweight belt Saturday night, but he did win respect and the biggest payday of his life.

And with a final-round flurry against heavily favoured Jose Aldo that had 55,724 at Toronto's Rogers Centre on their feet, he certainly won lots of new fans.

"I had to fight and prove people wrong, and I believe I did that," Ho-

minick said from his home in Thamesford. "I think I won over a lot of fans with my heart, and determination and conditioning."

"All I can do is grow from this as a fighter." Aldo dominated the first four rounds, leaving Hominick bloodied and wearing a wince-inspiring welt on his forehead. After the fourth round, a ring-side doctor checked Hominick, and it looked as if the fight might be stopped.

"John McCarthy really

129K

Mark Hominick and Jose Aldo each earned \$129,000 for their bout being named fight of the night at UFC 129.

saved the day, the referee," said Hominick, 28. "He knows me not just as a fighter, he knows me on a personal level ... and he knew it would have been devastating if he had of stopped the fight."

"You could see the last round was my best round, and that's where I almost finished him off. They let me have the opportunity."

Hominick got on top of Aldo and hammered away in the final round, a storybook comeback one twister compared to Hulk Hogan.

"The crowd was carrying me in that last 30 seconds," said Hominick. "Each cheer was riding through my punches and I was trying to finish him in that last 30 seconds. I was giving it everything I had."

## Sharks open up 2-0 lead on Wings



► San Jose's Joe Thornton and Antti Niemi celebrate.

Defencemen Ian White and Niclas Wallin scored their first goals of the post-season and Antti Niemi made 33 saves to help the San Jose Sharks take a 2-0 lead in their Western Conference semifinal series over the Detroit Red Wings with

a 2-1 victory yesterday.

White scored on a power play in the first period and Wallin extended the lead early in the third period as the Sharks put together two of their best back-to-back games to jump on top of the Red Wings for the

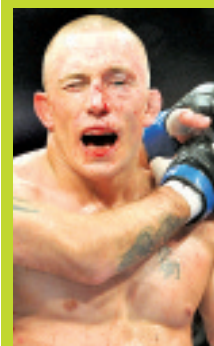
second straight year.

The Red Wings were well-rested this year after sweeping Phoenix, but that's made no difference against a determined Sharks team that has won 10 of 12 games against Detroit. THE ASSOCIATED PRESS

4

sports

Quoted



"Hey guys just want to say that I am ok. I'll need to see a doctor in the next days! Yesterday I was told it was not a retina problem."

WELTERWEIGHT CHAMPION GEORGES ST-PIERRE VIA TWITTER YESTERDAY. THE MONTREAL NATIVE'S LEFT EYE WAS INJURED EARLY IN HIS TITLE DEFENCE AGAINST JAKE SHIELDS AT UFC 129 IN TORONTO SATURDAY NIGHT. GSP PREVAILED DESPITE ONLY BEING ABLE TO SEE A "BLUR" THROUGH THE INJURED EYE.



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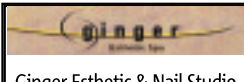
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**ANNOUNCEMENTS****Community Events**

**London Central Lions  
Fish Fry & Auction**  
In support of:  
*The Ivey Eye Institute*  
May 7, 5pm  
South London Community Ctr,  
1119 Jalna Boulevard  
• West Jet to Maui for 2,  
• Grand Cayman March Break,  
• A Week in Whistler,  
• Holland America Cruise and more.  
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**Community Events**

**Youth Week Celebration Dance**  
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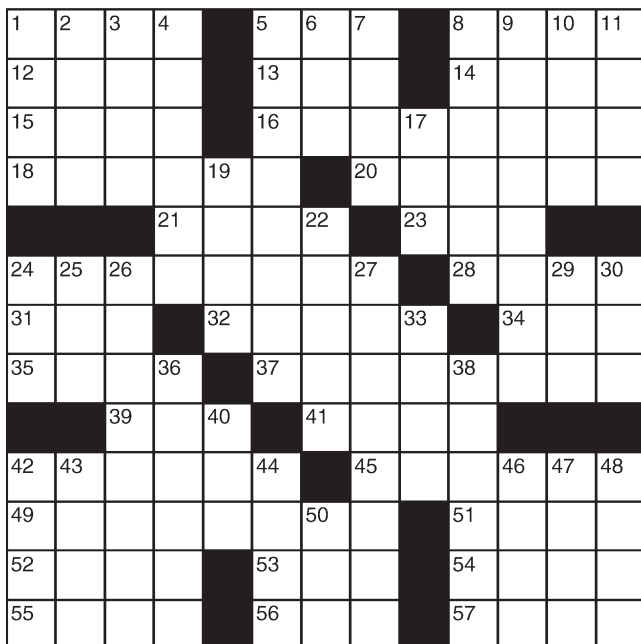
## Crossword

### Across

- 1 Trudge  
5 Serenade the moon  
8 No-no for a vegan  
12 Wash  
13 One's years  
14 Wheel bar  
15 Satanic  
16 "Location" for one in disfavor  
18 Meanie  
20 Wine glass  
21 Three- — sloth  
23 Mr. Sajak  
24 Bent over, as a page corner  
28 Cook in the oven  
31 "CSI" evidence  
32 Reservation home  
34 "To be or — ..."  
35 Examination  
37 Doctrinaire  
39 Trail behind  
41 Donkey's pin-on  
42 Expressed a feeling  
45 Perfect place  
49 Cornical poetry  
51 Quest  
52 Reverberate  
53 Every last bit  
54 Saxophone range  
55 Drunkards  
56 "See ya"  
57 Feed the hogs

### Down

- 1 Commoner  
2 Volcanic outflow  
3 Roman love poet  
4 Strike from the text  
5 Harassed  
6 Past  
7 Safecracker  
8 Tropical tree  
9 Showing great joy  
10 Otherwise  
11 Yard components  
17 Leap  
19 Capricorn  
22 Train station  
24 Banned pesticide  
25 Individual  
26 Old lamp illuminant  
27 French president throughout the '60s  
29 Japanese pond carp  
30 And so forth (Abbr.)  
33 Send forth



- 8 Tropical tree  
9 Showing great joy  
10 Otherwise  
11 Yard components  
17 Leap  
19 Capricorn  
22 Train station  
24 Banned pesticide  
25 Individual  
26 Old lamp illuminant  
27 French president throughout the '60s  
29 Japanese pond carp  
30 And so forth (Abbr.)  
33 Send forth  
36 Ballroom dances  
38 Hawaiian welcomes  
40 "Golly!"  
42 Praiseworthy  
43 Somewhat, in music  
44 Colourless  
46 Yank  
47 Division word  
48 On  
50 TV Tarzan portrayer

### ► Yesterday's answer



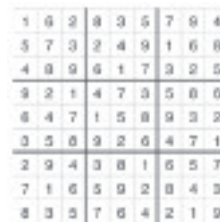
## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

Willy, Hiya Little Kitty! Cotton sends his love! He's a precious kitty too, just like you! W+T, Be Good, and 2012 is going to be your favorite year ever! XXOOXX TPCA From **TANKIE POO**

Office Boy, You've probably seen me checking you out ALL THE TIME when you pass by our coffee kiosk... just want to let you know that you make my heart flutter every single time. Ohh~ and you look HOT in that suit. Only wishing that we could at least have a lil conversation when you walk by?? Even if it's just simply a "good morning" or "how's work?" From **BARISTA GIRL**

To My son, Happy Third Birthday Son. You Are My Everything And I Dont Know I Would Be With Out You. So I thank God Everyday For Give You To Me. You are Mera Jaanu. oxoxo Lot's of love **MOMMY!!!**

## Today's horoscope

♈ **Aries** March 21-April 20 A creative project is now at a crossroads.  
♉ **Taurus** April 21-May 21 Your workload will increase dramatically over the next few days.  
♊ **Gemini** May 22-June 21 If you allow a feud to linger on much longer the results could be disastrous.  
♋ **Cancer** June 22-July 22 If you force yourself to do something when your heart isn't in it's unlikely you will make a very good job of it.

♌ **Leo** July 23-Aug. 23 If you push yourself hard today chances are it will pay off in a big way.  
♍ **Virgo** Aug. 24- Sept. 22 Summon up your reserves of courage and make the most of your not inconsiderable talents.  
♎ **Libra** Sept. 23-Oct. 23 Everyone else sees you as a genuine star but for some strange reason you don't see it yourself.  
♏ **Scorpio** Oct. 24-Nov. 22 You know you've got what it takes, so don't let others get you down.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

♐ **Sagittarius** Nov. 23-Dec. 21 You have taken a dislike to someone you work with, but are your feelings rational?  
♑ **Capricorn** Dec. 22-Jan. 20 The only sure way to make a fortune is to work for it.  
♒ **Aquarius** Jan. 21-Feb. 18 It takes all sorts of people to make an interesting world  
♓ **Pisces** Feb. 19-March 20. Think before you speak and only speak if what you have to say is emotionally uplifting.

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